

Break Out

By Janet Channon & Leah Channon

Break out!
Get off your seat,
Break out!
Get on your feet,
Break out!
Let's feel the beat and
Turn, turn, turn, turn.
Break out!
Move your body,
Break out!
Everybody,
Break out!
Use your body and
Turn, turn, turn, turn.

Can you jump, jump? Don't be late,
Jump, jump, elevate,
Jump, jump, don't be square,
Jump, jump, feet in the air
Can you pat, pat on the beat?
Pat, pat, hands or feet,
Pat, pat, a combination,
Pat, pat, a new sensation.

Break out!
Get off your seat,.....



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Can you jump, jump? Don't be late...

Stretch out, stretch out,
Bend,
Stretch out right to the end then
Bend,
Stretch out, stretch out,
Bend,
Hold it.

Break out!
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Break out!
Get on your feet,
Break out!
Let's feel the beat and
Turn, turn, turn, turn.
Break out!
Move your body,
Break out!
Everybody,
Break out!
Use your body and
Turn, turn, turn, turn.

Break Out!



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